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ABBEY SECRETS

SEASON 3 TRAILER FOR THE PBS MEGAHIT DOWNTON ABBEY FEATURES SPOILERS APLENTY PAGE 9

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Gridlock season

Roadwork. The worst is yet to come for commuters as city construction vaults into midsummer peak

JOHN MATISZ
john.matisz@metronews.ca

Roadwork in the Forest City — and the ensuing traffic congestion — is entering its annual mid-season peak.

Ted Koza, a construction administration engineer for the City of London, says those gridlock-induced moans and groans you're hearing across the city during rush hour won't be stopping anytime in the near future.

"A lot of the larger projects that are adjacent to schools are positioned to operate during this time to accommodate the community," Koza said, when asked why the months of July and August are the busiest periods for roadwork.

As of Monday morning, there were 63 road-related construction projects within the city, including cave-ins on both Bedford Road and Dundas Street. Four new assignments were scheduled to begin on Monday, while another five are set to start over the next seven days. Koza says a high number of "heat-stress" days this summer could mean extended deadlines for some projects.

Currently, the area surrounding Victoria Park is being treated as an off-limits zone for roadwork, so festivals renting out the park won't be affected. Come September, some of the area's largest projects, such as the one on Horton Street — which includes major repairs to water mains, roads and sewers — will wind down with the approach of winter.

After an Ontario-wide boom in 2010, which saw roadwork increase by 20 to 30 per cent, the amount of construction has levelled out, Koza says. London this summer is on par with yearly averages in terms of the number of projects and man hours spent.

Follow John Matisz on Twitter @Metro_JMatisz

Jam sessions

When are these major projects scheduled to end?
- Fanshawe Park Road East at Highbury Avenue North: Sept. 30.
- Horton Street East from Wellington Street to Hamilton Road: Oct. 31.
- Talbot Street from Kent Street to Oxford Street East: Nov. 30.

Beaver battle

Animal-welfare advocates are up in arms over a city staff recommendation to keep on trapping pesky beavers PAGE 3

Broadway bound

Columbus Blue Jackets trade star forward Rick Nash to the New York Rangers PAGE 15

Wide-eyed massacre suspect makes FIRST COURT APPEARANCE

James Holmes appears in Arapahoe County District Court on Monday in Centennial, Colo. Holmes is being held on suspicion of first-degree murder and could face additional counts of aggravated assault and weapons offences stemming from a mass shooting last Friday in a movie theatre in Aurora, Colo., which killed 12 and injured dozens of others. Story, page 5. RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS/POOL

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Beaver concerns boil over at city committee meeting

Beaver management. Staff recommendation to maintain status quo sparks anger in wake of recent talks about 'humane' alternatives

ANGELA MULLINS
angela.mullins@metronews.ca

City engineer John Braam talks during a Monday planning and environment committee meeting about London's policies on managing beavers and beaver dams when they pose a risk. ANGELA MULLINS/METRO

Call it a battle for the beavers.

Animal activists, including those on the city's animal-welfare advisory committee, want to see councillors pass new rules for how the woodland creatures — and their dams — are handled in the city.

"Typically in London, trapping is used. That's the archaic method," said Deb Harris, who until last month sat on the committee and is continuing to work on the issue. "Other municipalities have employed non-lethal alternatives successfully."

Tempers flared during the beaver debate Monday when city staff asked council's planning and environment committee for permission to continue trapping the animals if they pose harm to infrastructure, like drains.

That, according to members of the animal-welfare committee, flies in the face of a June council decision requiring that administrators trap no more beavers until a report on other means of warding off the creatures is heard.

Coun. Bud Polhill, chair of the planning committee, pulled administrators' request off the consent agenda, asking that a report come back at a later date with more information.

Members of the animal-welfare group, who said they didn't know about the staff request until late Sunday, hope that means they'll get a chance to state their case. They're prepared to make a report, recommending the city consider using tools to ward off the wildlife instead of removing those that pose a threat.

City engineer John Braam, under questioning from councillors, declined to discuss details of what happens to animals that are trapped, saying the city follows guidelines from the Ministry of Natural Resources.

Animal-welfare committee members argue creatures that are trapped are killed, a practice they say has been abandoned in several cities including Guelph, Oakville and Richmond Hill.

Other options include setups called Beaver Deceivers, which prevent beavers from damaging culverts with dams, or Castor Masters, which prevent flooding typically associated with dams, committee members said.

Follow Angela Mullins on Twitter @MetroAngela

Tuesday at city hall

- Council meets at 5 p.m.
- Will vote again on setting tax targets for 2013. Issue being reconsidered after a June 26 vote to work toward avoiding a tax increase resulted in a deadlock. Avoiding a tax increase would mean $25.6 million in cuts, city staff have warned.
- Councillors also will consider upping the size of their expense accounts; a contract to overhaul Market Lane; issuing a request for proposals to help take over the former Normal School in Wortley Village; and a list of projects being submitted for federal funding.

Air travel

WestJet announces new destinations, cancellations

When the temperature drops this November, WestJet will be offering fewer domestic flights and more service to warm destinations.

The airline announced Monday that it's reducing daily trips to Calgary back to one flight per day from two. Three weekly flights to Winnipeg will be cut all together, though some flights could return next summer.

A direct flight to Las Vegas will also be cut. In its place will be a weekly flight to Varadero, Cuba.

WestJet will continue to offer a weekly flight to Orlando and twice-weekly flights to Cancun. AM980/AM980.CA

Accident

Victim named in fatal crash

The London Police Service continues to investigate the fatal collision at Adelaide Street North and Sunningdale Road East on Saturday. Andrew Gileff, 30, of London was killed. Anyone with information about the accident is asked to call police at 519-661-5680. METRO

Water mains

Construction may cause water discolouration: City

A water main on Maitland Street must be shut down Tuesday and Wednesday and others will experience higher-than-normal flow rates, which has the potential to release rust particles from older, cast-iron water mains.

Although this does not represent a health concern, the city recommends people in this area avoid washing laundry during this period. The area affected is bounded by Horton Street north to Huron Street, and Wharncliffe Road east to Adelaide Street. Anyone experiencing water-pressure problems or discolouration after Wednesday should call 519-661-4739.

For more information, visit london.ca. METRO

1 NEWS

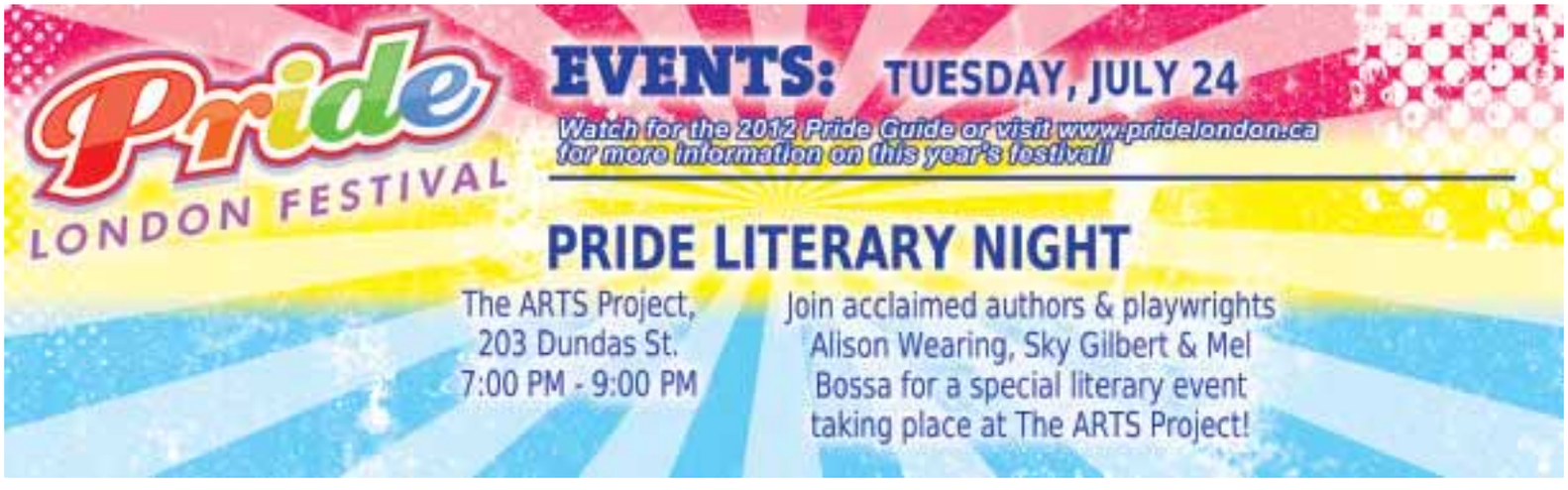
On the web

Athletic prowess redefined

We're only a few days away from the opening ceremonies in London and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.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7:00 PM - 9:00 PM
Join acclaimed authors & playwrights Alison Wearing, Sky Gilbert & Mel Bossa for a special literary event taking place at The ARTS Project!

Music. Western Fair announces free concerts

Fairgoers can enjoy free concerts with fair admission every night of the Western Fair in September.

The new outdoor stage, located on the west side of the main midway, seats 1,500, plus there's additional standing room. All free concerts will be opened by local bands from the London music scene.

The Western Fair District had previously announced free parking for patrons of the 10-day fair, which runs from Sept. 7 to 16.

For more information about Western Fair attractions and entertainment, visit westernfairdistrict.com.

METRO

Outdoor entertainment

Some upcoming concerts that are free with fair admission:

- Sept. 7, 7:30 p.m.: Faber Drive
- Sept. 8, 7:30 p.m.: Trooper
- Sept. 9, 7:30 p.m.: Leahy
- Sept. 10, 8 p.m.: April Wine
- Sept. 11, 7:30 p.m.: Jo Dee Messina
- Sept. 12, 7:30 p.m.: High Valley
- Sept. 13, 7:30 p.m.: Arkells

EHealth. Conservatives say spending, cronyism still issues

The Progressive Conservatives are raising new concerns about overspending at eHealth Ontario.

The Liberals made major changes at eHealth after the auditor general found $1 billion had been spent with little to show, while well-paid consultants nickeled and dimed the agency for expenses.

Conservative MPP Rick Nichols says eHealth has now spent $2.5 billion, but still hasn't hit its targets for creating electronic medical records or a drug information system.

Nichols says "cronyism" and "scandalous" overspending are still problems at eHealth, an agency he calls a "complete and utter joke."

THE CANADIAN PRESS

Persistent and extreme heat conditions continue

Scorching. Summer 2012 adds another to the record books as Monday's temperature soars and humidex clocks in at 41

ANGELA MULLINS
angela.mullins@metronews.ca

Nope, it's not déjà vu all over again. It's a new week and there's a new heat record on the books for London.

Topping out at 32.6 C, Monday's high sweated its way above the 72-year-old record for July 23. It's the fourth record-breaking day this summer, and the second in less than a week. London's July 17 high of 36.1 C broke a record of 34.1 C set in 1964.

But forget about record days, said David Phillips, senior climatologist with Environment Canada. The real story of summer 2012 is how "relentless" it's been — forcing the Middlesex-London Health Unit to issue six heat alerts, the same number of alerts issued in 2010 and 2011 combined.

"Look at the number of days in London where temperatures during the day have been above 30 degree.... That's always my mark of a hot day," Phillips said.

Including Monday, London's racked up 22 days at or above 30 C. During a normal year, the city would only see six days' worth of those temperatures by late July, Phillips said. Last year brought 15 days where the temperature was at or above 30 C — 12 of those days were in July with one each in May, June and September.

The past few months, Phillips said, have been almost par for the course when you consider how the year started.

"From Jan. 1 right to this day, it's been warmer than (normal). There's never been a warmer first seven months of the year," Phillips said.

A record-setting day

- **Monday.** High: 32.6 C. Previous record: 32.2 C, set in 1940.

Patrick Sewell, 27, of London prepares to splash into Thames Park pool (25 Ridout St. S.) Monday afternoon as the high temperature neared the 32.2 C record set in 1940. ANGELA MULLINS/METRO

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Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil.
TED S. WARREN/THE ASSOCIATED PRESS

Families watch dazed shooting suspect in court

Parallels. James Holmes donned fiery red hair, has reportedly told officers he was 'the Joker'

His hair dyed a shocking comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie in Colorado appeared in court for the first time on Monday, but he didn't seem to be there at all.

James Holmes shuffled into court with his hands cuffed — the first look the world got of the 24-year-old since the Friday shooting that left 12 people dead and 58 others injured at a packed midnight screening of The Dark Knight Rises. It was one of the worst mass shootings in recent U.S. history.

Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes. Prosecutors said they didn't know if he was being medicated.

Throughout the hearing, he never said a word. His attorneys did all the talking when the judge asked him if he understood his rights.

His demeanour, however, angered the relatives of some of the victims of the shooting. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the attack. "I saw the coward in court today and Alex could have wiped the floor with him without breaking a sweat," said Teves, whose son, a physical therapist, dove to protect his girlfriend.

On Friday, there were reports that he told arresting officers that he was "the Joker." Batman's nemesis in the films has brightly coloured hair. Investigators found a Batman mask inside his apartment, a law-enforcement official said.

Prosecutor Carol Chambers said earlier her office is considering pursuing the death penalty against Holmes and that a decision will be made in consultation with the victims' families. THE ASSOCIATED PRESS

Gun control

Candidates avoid touchy subject

The White House's only remarks on gun control have been to say the president backs the country's existing laws — even though the alleged Aurora gunman legally acquired weaponry. THE CANADIAN PRESS

Warner Bros.

Trailer pulled

Warner Bros. has moved to pull trailers of Gangster Squad, which includes a scene of mobsters firing into a crowded movie theatre. THE ASSOCIATED PRESS

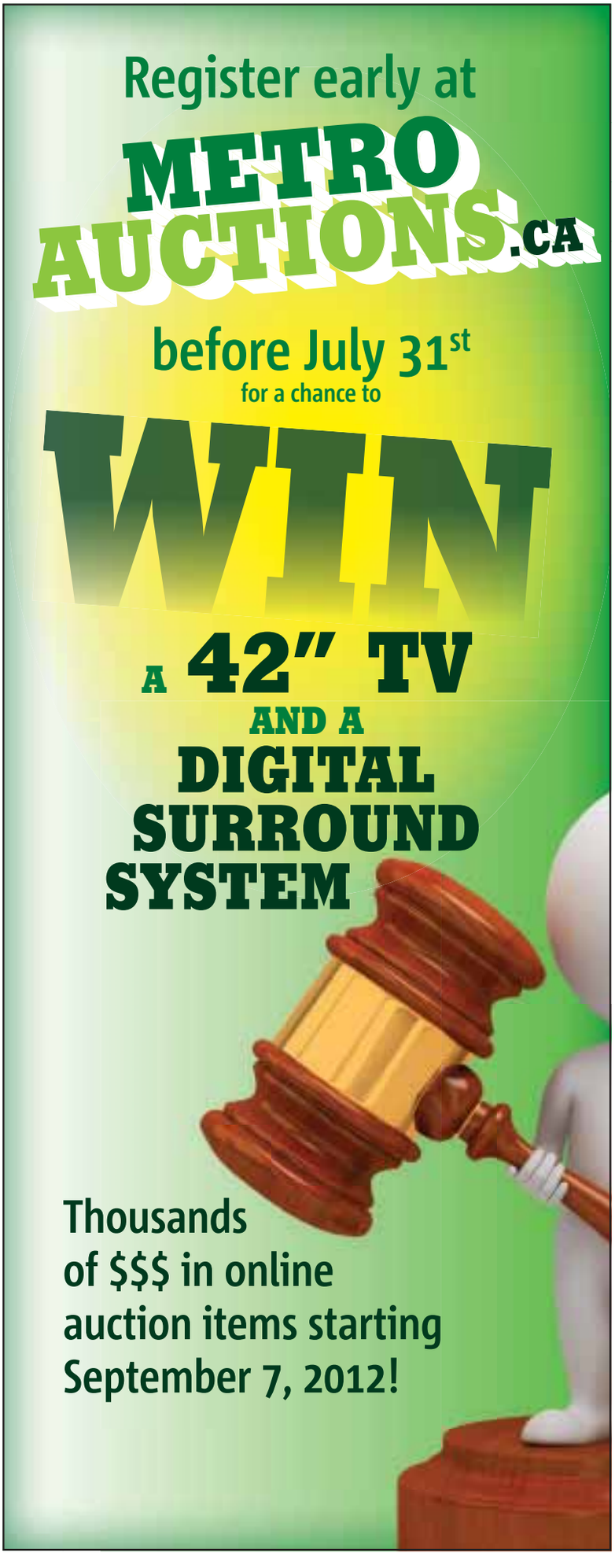
PhD. University reticent to offer suspect details

Officials at the University of Colorado Anschutz Medical Campus were looking into whether Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre.

It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that marks the end of the first year. University officials would not say if he passed, citing privacy concerns. THE ASSOCIATED PRESS

James Holmes ARAPAHOE COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS



Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. The CIBC-funded survey says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR
98.35¢ US (-0.4¢)

TSX
11,545.54 (-77.37)

OIL
$88.14 US (-$3.69)

GOLD
$1,577.40 US (-$5.40)

Natural gas: $3.09 US (-1¢)
Dow: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

It's not uncommon for countries like China — looking to secure commodities — to look to Canada, said Ketchen. "We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises Alberta's department of energy. THE CANADIAN PRESS

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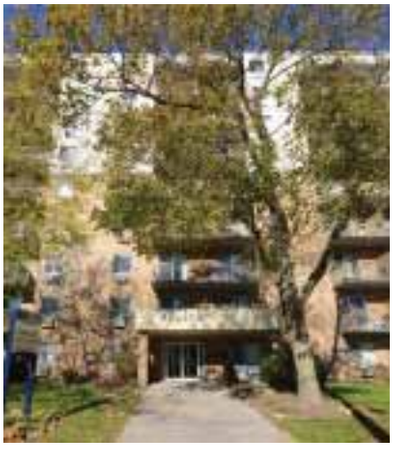

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NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

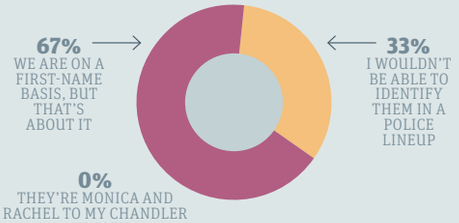
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@AmandaStratton: FYI: You can care about a thing without making it define you. Relax.

@kmarnoch: Back at the helm...well, at least my desk.. after a brief sojourn. Summer's been great, but the Fall is now calling, much to do #westernu

@lawvitorleaveit: Need some higher level philosophy courses and a 0.5 elective #helpme #westernu

@LondonWebDev: Don't forget to keep your kitties and puppies cool and hydrated today. They depend on you when it gets this hot in #LdnOnt.

@erejman: Excited to be attending my first Ignite #LdnOnt event this Wednesday. cc @igniteldn

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DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●○

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Aba, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film Footnote is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Talmudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Aba) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, Inventing David Geffen. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song You're So Vain, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, The Dust Bowl, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale … a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for Half the Sky, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premiers Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

Amy Winehouse's legacy lives on through charitable programs

One year later. Winehouse's father is pleased her foundation has helped raise more than $1M for charities in the United Kingdom

Amy Winehouse died on July 23, 2011, from accidental alcohol poisoning. NABOR GOULART/THE ASSOCIATED PRESS

Singer Amy Winehouse's father says it's tough dealing with the loss of his daughter, but he's happy she is having a helpful impact on the world through the foundation named after her.

"Even after a small space in time — we're talking a year since Amy passed away — we are beginning, well, Amy is beginning, to have a positive effect on a lot of disadvantaged young people's lives," Mitch Winehouse said in an interview Friday.

Amy Winehouse died on July 23, 2011 at her London home from accidental alcohol poisoning at age 27. The Amy Winehouse Foundation was launched last year in the United Kingdom and in April in the United States.

Amy Winehouse was one of music's critically revered singers, praised for her touching lyrical content, soulful tone and authenticity. Her debut, Frank, was a U.K. success, but her breakthrough came with 2007's Back to Black, a multiplatinum effort that won her five Grammy Awards. Mitch Winehouse says during that peak, "she was Adele and Lady Gaga rolled into one."

In the United Kingdom, the Winehouse family has raised more than $1 million and has assisted various charities. In America, the group is working with the New Orleans Jazz Orchestra to develop "after school music club houses" and feed hungry children throughout Louisiana.

The foundation has raised profits from donations and the release of the Amy's posthumous album Lioness: Hidden Treasures and a book by Mitch Winehouse titled Amy, My Daughter, released this summer.

"I don't feel any accomplishment or any joy," Mitch Winehouse said of the book. "The reality is I shouldn't have had to written the book in the first place."

"I wrote it fairly quickly after Amy passed away. I found writing it quite cathartic and I thought it would help me in my recovery, and to a certain extent it has," he continued. "But reading the book back for edits was very difficult indeed; more difficult than writing the book."

Mitch Winehouse also said there's more Amy Winehouse music on the horizon: "We're working with (music producers) Salaam Remi and Mark Ronson to see what they've got.

"But we have to be mindful; we don't want to put anything out that could be damaging. It wouldn't be right for Amy's fans."

The first annual Amy Winehouse Inspiration Awards and Gala will take place Oct. 11 in New York and will honour Remi and Tony Bennett, with whom Amy Winehouse won a Grammy with this year.

THE ASSOCIATED PRESS

Winehouse film?

Possible movie. Mitch Winehouse says a film based on his daughter's life is also a possibility. "Whatever we do we have to make sure it's done in good taste," he said. "We don't want a sensationalized movie going out, you know, but equally there's no point in sort of massaging the fact that Amy was an alcoholic and drug addict; no point in pretending that didn't happen," he says.

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Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley gets paranoid

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.

Minka Kelly.

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner and the website claims it's clear Kelly knows she's being filmed.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages

@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
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3 LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do." Topping that list of tools is better treatment of people who already have HIV, so they're less likely to spread the virus. But Fauci also called male circumcision a "stunningly successful" step, pointing to part of Uganda that's stressing that step.

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

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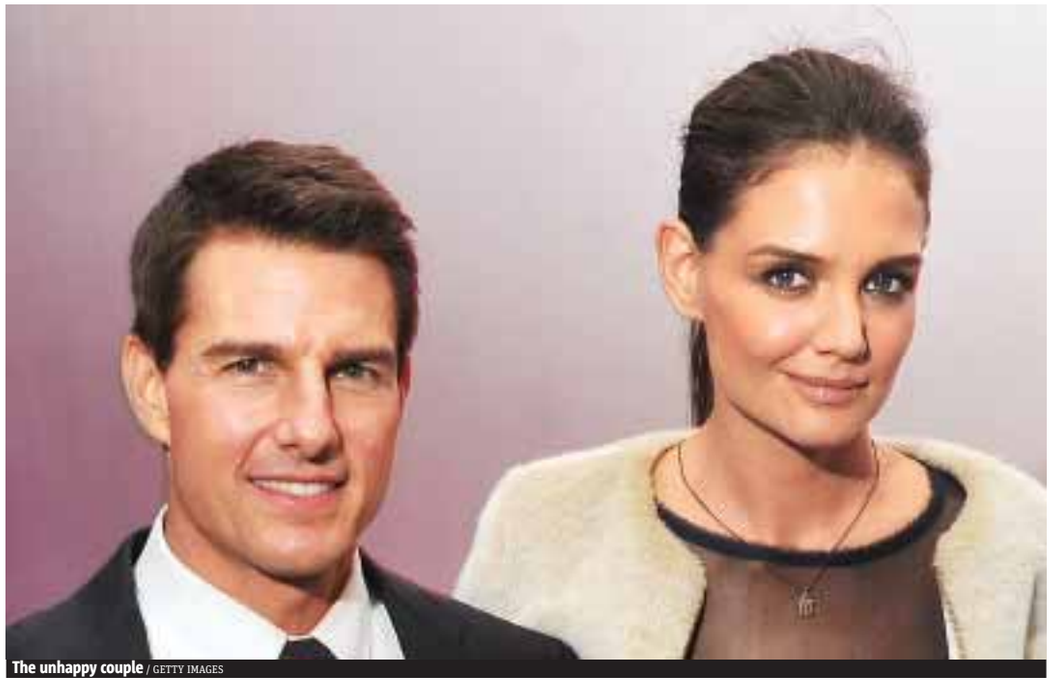


The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."

KATIE HOLMES

HOLMES VS. CRUISE

TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on—it makes anybody who isn't like them intolerable," says Katz.

Quoted

"There should be fewer marriages. People should spend far more time dating."
Evan Mark Katz

Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

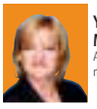
No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Single, with benefits? Why you still need term life insurance

Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Alison's money rule.
Insurance is one of the best investments you can make, especially when you're young



YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security.

And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component).

The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

Many don't consider their own life insurance because it is included in workplace benefits. But those benefits usually end when the job does. Taking out a term policy in your 30s ensures that if the job disappears your family is still protected.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage.

Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age.

There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

In numbers

$250,000

The average insurance death benefit in Canada

A case of your (sex) life imitating art?

Survey. Kobo recently asked 50 Shades of Grey readers how their bedroom fun compares to the popular book

MELISSA REBER
For Metro

At this point, if you're not reading 50 Shades of Grey, then you're talking about it with someone who has.

The book trilogy, which gained attention for its racy bedroom scenes, has become the go-to summer read for women needing a little fictional escape.

More than 31 million copies have been sold worldwide, and Universal Pictures already plans to make it a movie. We won't be hearing the last of 50 Shades for a while.

Kobo Inc., maker of the Kobo e-Reader, has seen a large peak in interest in the erotica/romance genre since the book's launch in March. They decided to ask how 50 Shades reader's real lives compare to the steamy drama on the book's pages.

Here's what they found:

• 42 per cent said they like to take their escapades outside to the park.

• Good sex just doesn't compare to a slice of chocolate cake, as 78 per cent said they would give up sex and money before food.

• When it comes to the ultimate romantic gesture, surprising her with flowers is the best choice. It beat out a trip to Colorado and a luxury yacht cruise.

• Money narrowly beats sex, 31 to 30 per cent, when asked what people were looking for from their partners.

• Save the costumes for Halloween: silk was the No. 1 choice for bedroom attire at 40 per cent, followed by your birthday suit and heels at 31 per cent.

• 78 per cent said a little dirty talk gets them going.

• 60 per cent of people stick with a horizontal pas de deux, while a few adventurous ones try out the ménage a trois, at 32 per cent. Eight per cent can't keep track and said they "don't do math."

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?
I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...
Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?
I'll be really honest with you. We don't even know that we like you until after we sleep with you.

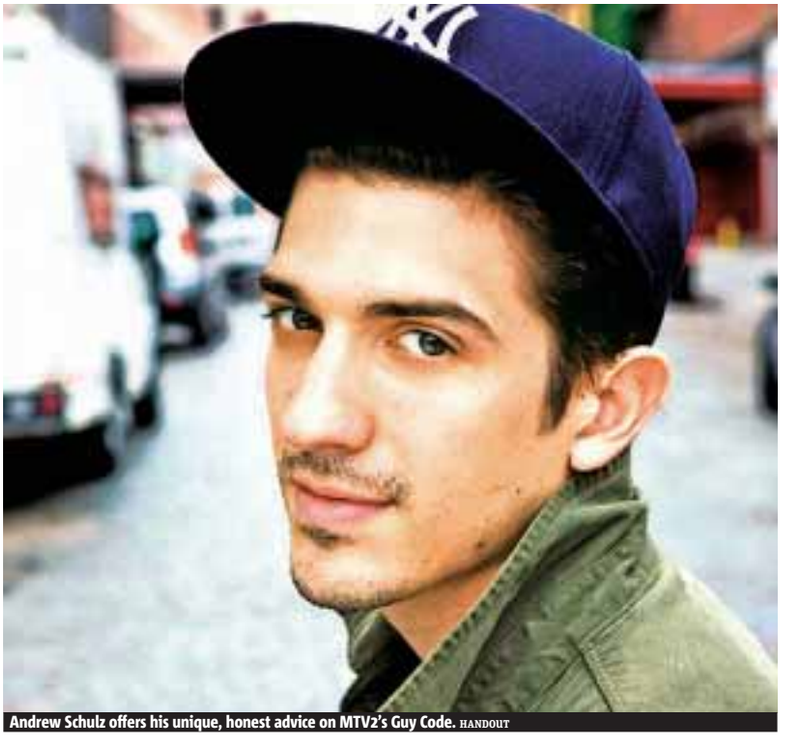
And why is that?
Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?
I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.


Andrew Schulz offers his unique, honest advice on MTV2's Guy Code. HANDOUT

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Sports in pictures

MLB. Yankees get Ichiro Suzuki from Mariners

Ichiro Suzuki is headed to a new team and, after all these years, maybe a shot at playing in the World Series.

The New York Yankees acquired the star outfielder from the Seattle Mariners in a trade Monday for 25-year-old righties D.J. Mitchell and Danny Farquhar. The Yankees, with the best record in the majors, also got cash in the deal.

The trade was announced a few hours before the Yankees played at Seattle.

THE ASSOCIATED PRESS

Ichiro Suzuki GETTY IMAGES FILE

NHL. Byfuglien pleads guilty to careless boating

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced to a year's probation, two days of public service, a $1,000 US fine and a day in an alcohol-education program.

THE ASSOCIATED PRESS

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved." Jets general manager Kevin Cheveldayoff in a statement

Nash gets his wish

NHL. Columbus sends star forward to New York Rangers in package deal

The New York Rangers have a new star forward.

The Columbus Blue Jackets have one less headache and three more quality players.

The Blue Jackets finally met captain Rick Nash's mid-season request and dealt him on Monday along with a third-round pick and a minor-league defenceman to the Rangers for centres Brandon Dubinsky and Artem Anisimov, defenceman Tim Erixon and a first-round pick next year.

The deal gives the Rangers a big, sturdy right wing to add to their core of solid young players and also helps them counter moves made by other Eastern Conference powers this off-season. Nash will join a New York offence that includes captain Ryan Callahan, Brad Richards and Marian Gaborik.

The Rangers were the No. 1 seed in the Eastern Conference last season and just missed out on the Presidents' Trophy for most regular-season points. New York defeated Ottawa and Washington in the playoffs before losing to New Jersey in the conference finals in six games. Nash immediately improves their credentials and gets them — on paper, at least — closer to their first Stanley Cup since 1994.

The Blue Jackets, meanwhile, ended months of speculation about what they would do after Nash went to management in January and asked to be traded. He later said, in a curious bit of logic, that one of his main goals was making the Blue Jackets stronger.

"The biggest thing is that when management said when they were going to make a rebuild and a reshape, I thought the best thing for the team and the organization would be to get assets for me," the former London Knight said. "And I thought it would be best for my career."

The move to New York and a perennial playoff team should be a boon to his career, although it will require a major alteration in his lifestyle. Quiet and almost shy, Nash enjoyed playing golf at nice courses and walking around Columbus virtually unnoticed. That will end when he takes his act to the Big Apple.

Nash, the oldest player in the deal at 28, is one of the most decorated players in the league. He is a five-time all-star who helped Canada win a gold medal in the 2010 Olympics.

THE ASSOCIATED PRESS

Salary cap hit

- Nash is in the third year of an eight-year contract he signed in 2010, which has an average annual value of $7.8 million US.
- The total salary-cap hit of Dubinsky, Anisimov and Erixon is almost exactly the same.

Rick Nash controls the puck against the Chicago Blackhawks in January. JONATHAN DANIEL/GETTY IMAGES

1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

3 NHL. Kris Versteeg back with Panthers

The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing.

THE ASSOCIATED PRESS

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.

The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.

There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

Canada's Hesjedal banged up but ready to ride in Olympics

Ryder Hesjedal
DOUG PENSINGER/GETTY IMAGES FILE

Racing. Victoria cyclist will be one of many still feeling the effects of the Tour de France

While other athletes time their training to peak at the Olympics, the Tour de France cyclists arrive with their bodies still hurting from a brutal 3,497-kilometre trek.

Some, like Canadian Ryder Hesjedal, crashed en route and have the scars to prove it.

Flying off your bike at close to 70 km/h into a tangle of bodies, machinery and unforgiving tarmac is hardly an ideal entrée to the Summer Games. But such is the harsh world of elite road racing, where breaking down your body is par for the course.

"It's a hard sport," Hesjedal said dryly from his home in Girona, Spain.

Quoted

"It's a tough sport and it doesn't always go according to plan. That's the way life is, also."

Ryder Hesjedal on having to withdraw from the Tour de France

The 31-year-old from Victoria was hurt July 6 during the sixth stage of the Tour, one of at least two-dozen riders caught up in a nasty crash with 26 kilometres left on the day.

In the carnage of the crash, the Giro d'Italia winner went down and suffered road rash to his hip, knee and ankle. But the real damage came when, upon impact, his leg slammed into another rider's bike.

"Just like a baseball bat being swung into your leg," Hesjedal said by way of description.

Hesjedal withdrew from the race and returned to Spain. Amazingly, after a travel day, he was back on a home training bike the next day for an hour.

"Kind of the worst thing you can do is stop completely for a few days and let the leg seize up," he said.

"I feel good on the bike. It's hard to say unless I did a world-calibre race tomorrow where the real feeling is."

Hesjedal, who was scheduled to leave Monday for London, will find out soon enough at the Olympics. He races Saturday in the road race and Aug. 1 in the individual time trial.

THE CANADIAN PRESS

In high gear

Wiggins heading home on a roll

After making history in Paris, Tour de France champion Bradley Wiggins is heading home to London hoping to add an Olympic gold medal to his yellow jersey.

The first Briton to win cycling's showcase event will start the Olympic time trial Aug. 1 as a big favourite for the gold, after dominating the event twice during the Tour de France.

The 32-year-old Londoner showed during the Tour that he can beat all comers in the race-against-the-clock, even after 2,175 miles of racing over three weeks in one of the ultimate endurance tests in all of sports.

After donning his winner's yellow jersey on the Champs-Élysées, Wiggins immediately began turning his focus to his Olympic race in just over a week. He even promised to forgo the Tour winner's traditional glass of champagne.

"Everything turns to the Olympics and I'll be out on the bike tomorrow and I've got an Olympic time trial to try and win," Wiggins said.

Sacrificing the traditional Tour winner's party was difficult but necessary, Wiggins said, because winning in his home Olympics "is a higher priority than anything else."

Mark Cavendish, Wiggins' teammate on Team Sky, also is aiming to transition quickly from Parisian boulevards to English lanes.

The world champion from Britain's Isle of Man wants to follow up his dominating sprint victory on the Champs-Élysées on Sunday with a win in the Olympic road race on Saturday. If anything, Cavendish is even more heavily favoured to win the road race than Wiggins is in the time trial.

THE ASSOCIATED PRESS

Draped with a Union Flag, Bradley Wiggins celebrates winning the Tour de France on Sunday in Paris.
BRYN LENNON/GETTY IMAGES

Fun strangely absent for Canada leading up to Games

Projections. Crashes, injuries and setbacks have hampered preparation for London

Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and Canada's star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Mining for medals in London

Canada might be flying under the radar heading into the Summer Games — especially in the traditional glamour events — but here are a handful of Canucks who should ensure some glory for the Maple Leaf.

THE CANADIAN PRESS
Photos by Getty Images and Torstar News Service

Ryan Cochrane

Victoria distance swimmer Ryan Cochrane intends to upgrade the bronze he won in the 1,500-metre in Beijing and go for a second medal in the 400.

Cochrane is a contender in the 400-metre freestyle Saturday, though his bread-and-butter event is the 1,500 on Aug. 4.

Emilie Heymans-Jennifer Abel

The diving duo of Emilie Heymans of St-Lambert, Que., and Jennifer Abel of Laval, Que., pictured, are potential medallists in women's synchronized springboard this Sunday. One of the best in the world on springboard, Abel is a double-medal candidate.

Eric Lamaze

Eric Lamaze's star horse Hickstead may be gone — he suffered a fatal aortic aneurysm during a competition in November — but the rider from Schomberg, Ont., and the rest of the show-jumping team are talented and seasoned. If they, and their horses, can put it all together on the day as they did for silver in 2008, another medal in the team event is possible.

Mary Spencer

Mary Spencer lost her opening bout of the world championship, which was also an Olympic qualifier, in May.

After an agonizing wait, the IOC's Tripartite Commission gave her a wild-card spot in the 75-kilogram class. The Wiarton, Ont., fighter still has a chance to show she's one of the best in the world.

Paula Findlay

Edmonton's Paula Findlay was the woman to beat in triathlon a year ago, but she's had to baby a nagging hip injury. Her first international race this year will be the Olympic triathlon. What Victoria's Simon Whitfield has left in the tank and how rising star Kyle Jones of Oakville, Ont., performs lends intrigue to the men's race.

Games in pictures

1 Swimming. Phelps tweets his arrival

The man who is three medals away from becoming the most decorated Olympian of all time arrived on Monday.

"And the wait is over... Finally here in #London," U.S. swimmer Michael Phelps tweeted Monday.

He's expected to compete in seven events in London. THE ASSOCIATED PRESS

2 IOC. Rogge remembers Munich tragedy

IOC president Jacques Rogge paid tribute Monday to the 11 Israeli athletes and coaches killed in Munich 40 years ago, leading a solemn minute of silence in the athletes' village.

It was the first time the IOC has honoured the slain Israelis in a ceremony inside an Olympic village. THE ASSOCIATED PRESS

3 Torch relay. Stewart Treks along with flame

The Olympic flame has boldly gone to Wimbledon.

Actor Patrick Stewart, best known as Captain Jean-Luc Picard in Star Trek: The Next Generation, took a turn on the torch relay Monday. THE ASSOCIATED PRESS

Penn State football program crippled by long list of penalties

A statue of Joe Paterno is removed from Penn State Sunday. A day later, the school's football program was slammed by the NCAA with a number of fines and penalties. ABBY DREY/ CENTRE DAILY TIMES/THE ASSOCIATED PRESS

Jerry Sandusky scandal. On top of sanctions, NCAA takes away 14 years of Joe Paterno's victories

No death penalty. More like slow death.

Wiped out in the record book. Wiped out in the wallet. Wiped out in the ability to recruit, and keep what it already has. Penn State got slammed by the NCAA on Monday in every way.

The governing body of college sports took away 14 years of coach Joe Paterno's victories and imposed a mountain of fines and penalties, crippling a program that once included a pedophile assistant coach who spent years molesting children, sometimes on school property.

The sanctions imposed by the NCAA on Monday also include fines of $60 million US, orders for Penn State to sit out the post-season for four years, capped scholarships at 20 below the normal limit for four years and placed football on five years' probation.

Current or incoming football players are free to immediately transfer and compete at another school.

The NCAA's sanctions following the worst scandal in the history of college football stopped short of delivering the death penalty — shutting down the sport completely. It actually did everything but kill it.

"The sanctions needed to reflect our goals of providing cultural change," NCAA president Mark Emmert said as he announced the penalties at a news conference in Indianapolis.

The NCAA ruling holds the university accountable for the failure of those in power to protect children and insists that all areas of the university community are held to the same high standards of honesty and integrity.

"Against this backdrop, Penn State accepts the penalties and corrective actions announced today by the NCAA," Penn State president Rodney Erickson said in a statement. "With today's announcement and the action it requires of us, the university takes a significant step forward."

Sandusky, a former Penn State defensive co-ordinator, was found guilty in June of sexually abusing young boys, sometimes on campus. An investigation commissioned by the school and released July 12 found that Paterno, who died in January, and several other top officials at Penn State stayed quiet for years about accusations against Sandusky.

By vacating 112 Penn State victories from 1998-2011, the sanctions cost Paterno 111 wins. Former Florida State coach Bobby Bowden will now hold the top spot in the NCAA record book with 377 major-college wins.

Paterno, who was fired days after Sandusky was charged, will be credited with 298 wins.

THE ASSOCIATED PRESS

Quoted

"It hurts people who had absolutely nothing to do with this process, which is always the case."

NCAA president Mark Emmert on the collateral damage from the sanctions

Family fires back

Reaction. Joe Paterno's family said in a statement that the NCAA sanctions defamed the coach's legacy, and were a panicked response to the sex-abuse scandal.

The family also says that punishing "past, present and future" students because of Jerry Sandusky's crimes did not serve justice.

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Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

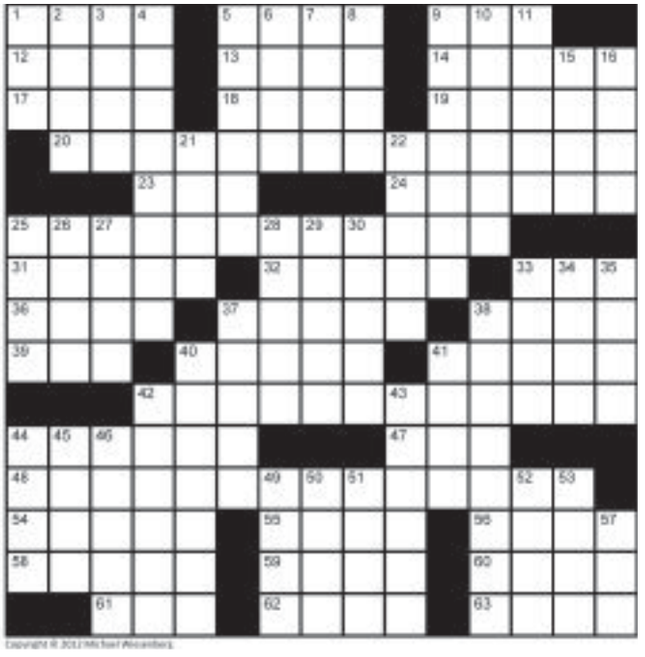
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

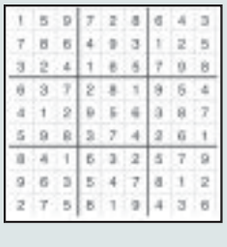
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku



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